

Limited
Availability!

OCTOBER 30th

TAKING CARE OF YOURSELF

Body and Soul

SNEAK PEAK OF THE EVENT:

- Strengthening the immune system
- Connection between stress and health
- Calming exercises
- Healthy immune boosting treats
- Door prizes and much more!

Tickets
are \$5 at
the door

MEET THE TRAINERS



Sheri Wittmer

Sheri holds 2 certifications: one as a Certified Nutritional Consultant from The Global College of Natural Medicine and the other as a Certified Health Coach from The Institute for Integrative Nutrition.



Jamie Daniel

Jamie has been working in the field for over 5 years and has a Bachelors degree in Nursing. She also enjoys being a Health Coach.

RSVP by October 26th at swittmer@compasscares.com

WHEN: October 30th, 4pm-5:30pm

WHERE: **Compass Office**
1020 Market St.
Redding, CA

WHO: **FNRC Clients**



Sponsored by
Compass SLS & ILS